
From: Mason, Steve
Sent: Sunday, September 10, 2017 5:39 AM
To: Mason, Steve
Subject: Daily Tip for Relieving Stress # 07

5. Eat right. Anxiety can throw our bodies totally out of whack: Our appetite might change, or we might crave certain foods (mine has been powdered donuts and Sweet-tarts). But to give the body the support it needs, try eating more of foods that contain nutrients such as vitamin B and omega-3s (polyunsaturated fats, that actually are not bad for us), plus some healthy whole-grain carbohydrates. Studies have linked vitamin B with good mental health, and omega-3s may help reduce symptoms of depression and anxiety. Whole-grain carbs help regulate levels of serotonin, the “feel-good” neurotransmitter that helps us remain calm. And even though our cravings might be telling us otherwise, research suggests that eating sugary and processed foods can increase symptoms of anxiety (not to mention adding weight).

06. We’re in this together. So now you’re going to be working next to someone 12-14-16 hours a day for two weeks (or more). And maybe sharing a RV/trailer with that person. How do you keep from killing each other? There is no sure fire method, but there are some simple things to keep in mind that may help. First remember, all of you in the field have some common/shared thoughts: I don’t want to be here (none of us wanted this to happen); I want to go home; and I’m tired. So when dealing with others in the field, remember that other person is probably thinking the same thing you are. Also, do not keep things bottled up and let them fester. Talk through little issues to ensure they do not grow into big ones. When you have down time (which isn’t much), get to know the other person (hobbies, family, previous experiences, etc.) so you better understand them. Every once in a while, take a separate vacation – while you have to work and sleep together, doesn’t mean you have to be together every minute of the day. And, finally, each person deals with stress differently... **Look out for each other.**

And if you ever need to just talk, give me a call... 214-789-1871...

05. Express gratitude. Studies have found expressing gratitude helps reduce anxiety, especially when we’re well-rested. So when someone fulfills a request from you, make sure you thank them for the effort. But there are other times when we don’t think about saying “thanks,” which is appropriate or can actually defuse others... When you're receiving a compliment; When you’re running late (thank others for being patient); When you're comforting someone (for sharing what they’re going through); When you're receiving helpful feedback; When you're receiving unfair criticism (this will many times stop them from continuing); When someone gives you unsolicited advice (also helps to stop them); and When you're not sure if you should thank someone.

04. De-clutter the brain. Physical clutter = mental clutter. A messy workspace can make it more difficult to relax and make it seem like our work is never-ending. So take a few minutes every day or so to tidy up the work area, and then make a habit of keeping things clean and anxiety-free. If you no longer need a document, file it with the Documentation Unit to help clear off your desk or table. It’ll help us think rationally, and there won’t be as much room for anxiety.

03 – Turn it Off. Research reveals that people who use electronic devices (television, phones, tablets, etc.) up to the minute they go to bed are sacrificing a more restful sleep. The visual stimulation to your brain takes a while to wind down. So, to get more rest, turn off that stimulation at least 30 minutes before you try to go to sleep. Instead, open up a fiction book that you have wanted to read, and read a chapter or two until you are ready to close your eyes. And bad news, ebook devices are just as bad as the TV or laptop. So break out the old but trusty paper book. And while it is simple, and may sound silly, if you had a favorite comic strip when you were younger (Garfield, Bloom County, Peanuts), go to a book store and find a compilation of those to re-discover. Not only may they bring a smile before bed, they may even trigger fond memories of your childhood!

02 - Smile. I am sure all of us will sooner or later will get down from the long hours, stress, being away from home, etc. When work has got you down, it's a good idea to take a quick break to relieve stress by finding the humor in your life. Research suggests that laughter can reduce symptoms of depression and anxiety, so consider checking out a funny clip on the internet, remembering your favorite joke, or simply think of funny things that may have happened in past incidents, to help relieve the stress.

01 - Get enough sleep. OK, don't laugh... I know how hard this can be. But, inconsistent sleep can have some serious consequences. Not only does it affect our physical health, but lack of sleep can also contribute to overall anxiety and stress. And sometimes it turns into a vicious cycle, since anxiety often leads to disruptions in sleep. Especially when feeling anxious, try to get a few more minutes of sleep. If it is possible, when exhausted, try to just take a quick 15 minute nap somewhere.

With Regards, Steve



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"Frequently, my thoughts get bored and walk down to my mouth. Often, this is a bad thing."